

BE GOOD BINGO

Smile at five strangers	Daydream for ten minutes	Give yourself a hug	Read something fun for fifteen minutes	Sing out loud for two minutes
Drink eight glasses of water	Memorize a new inspirational quote	List five things you like about yourself	Smile at yourself in the mirror for thirty seconds	Find a new recipe to make within the next week
Count ten stars	Tell someone what you admire about them	Drink something healthy	List four people you know and like	Add one item to your Bucket List
Set a goal for tomorrow	Do twelve jumping jacks	Watch the sky for five minutes	Learn something new	Eat something healthy
Forgive yourself for not being perfect	Call a friend	Pamper yourself for half an hour	Find a penny	List something you're proud of

Reward Yourself:

BINGO ACROSS:

BINGO DOWN:

BINGO DIAGONAL:

BINGO FOUR CORNERS:

BINGO FULL BLACKOUT: